

OVER DOSE PREVENTION

Injecting is the most dangerous way of getting the drug into your body.

Tolerance: if you have had a break from using then you will have a lower tolerance. Don't inject all your drugs at once as this could send you over.

Mixing Drugs: Using more than one drug at any one time can increase the risk of O/D, as the combined strength could be more than you are used to.

Take your time: Don't inject all your drug at once, test what the hit is like before you empty the rest of your pin.

Don't inject alone: Try not to use on your own, just in case something does go wrong

WHAT TO DO IF SOMEONE OVERDOSES

Try to keep them awake

Do not give them anything to eat or drink

Do not inject them with anything

Call an AMBULANCE and tell them what they have overdosed on.

Make sure that their airways are not blocked.

Put them in the recovery position (on their side)

EVEN USING THIS INFORMATION THINGS CAN STILL GO WRONG

WHEN HITTING AN ARTERY

Pain when you inject
Bright red blood that may push the plunger
Bleeding that won't stop

WHAT TO DO

Apply pressure
Raise the affected area and lie down
CALL 999 If the bleeding does not stop
See your doctor even if the bleeding does stop

ABSCESSSES

Swelling and redness
Skin feels hot/tender
Discharge of puss
Bad smell

WHAT TO DO

Check the lump
Stop injecting in that area
Seek medical advice

DIRTY HITS

Feeling ill after you have injected
Shivering, Sweating and Headaches Flu type symptoms

WHAT TO DO

DON'T Re-inject
Make yourself comfortable
If you don't start to feel better, or feel worse in a few hours, seek medical attention (Call NHS Direct 08454647).

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A GUIDE TO SAFER INJECTING



ARTERIES versus VEINS

ARTERIES	VEINS
Carry oxygenated blood	Carry de-oxygenated blood
Carry blood away from the heart	Carry blood towards the heart
Bright red blood	Dark red blood
Blood at high pressure	Blood at low pressure
Surts blood	Trickles blood
Served by many nerves	Served by few nerves
Thick walls	Thin walls
Very elastic	Not elastic
No valves	Has Valves
Less numerous	More numerous
RECOGNISABLE PULSE	NO PULSE
Mostly deep	Deep or close to the surface

Good Vein Care

If you are going to inject drugs into your body the following information may be helpful.

Rotate your injecting sites, this will give the veins time to recover.

Exercise, as this will help when looking for the veins e.g. squeeze a tennis ball.

Take warm baths as this will help when looking for veins.

Avoid vinegar, and lemon juice to break your drugs down. As this can both damage veins and can cause damage to the eyes and heart

Use as little citric/vit C as possible when breaking your CRACK down. (Amphetamine does not need to be broken down with an acid)

Use smallest needle possible

Inject towards the heart at an angle of 15 to 35 degrees with the needle point opening facing upwards.

TYPES OF INJECTING

Injecting into veins (Intravenous or I.V.)

This type of injecting is the most common way of getting drugs into your body. With this type of injecting you will put the drug straight into the blood stream. This type of injecting is also the most damaging to your body.

Intramuscular Injecting (injecting into muscles)

This type of injecting is where the drugs are injected straight into the muscles of the body. Steroids are the only drug you can safely inject into muscles, this is due to Bacteria and foreign bodies in the drugs (brick dust).

Skin popping

When you skin pop you inject just under the surface of the skin. A lump may appear, this is because it is harder for the drug to dissipate into the body. If the lump does not go down, and you are worried, seek medical attention

BASIC HEALTH CARE

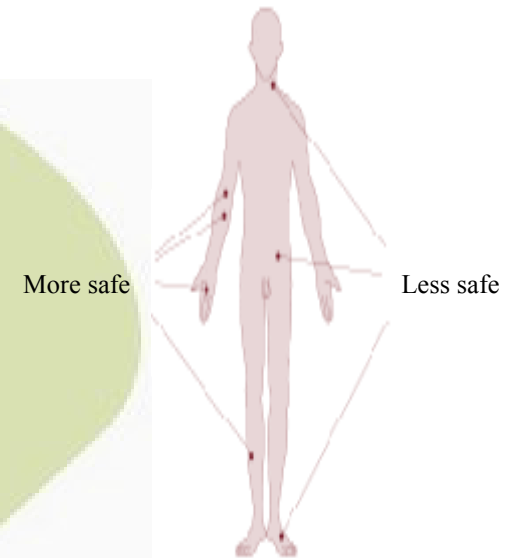
Wash hands and chosen injection site with either soap and water or a swab.

For each hit use a new Syringe, filter, Spoon, and Water. This will cut down the risk of contracting a blood born virus e.g. Hep C.

Have a clean paper towel in case of any bleeding.

If you bleed apply pressure to the area, if possible lift area above the heart. SEEK medical attention if bleeding does not stop.

Hierarchy of injecting sites



MORE SAFE SITES

Arms: first use upper, then use lower. As with all sites try to keep rotating them so that they stay healthier

Legs: Circulation in the legs can be poor. Also veins in the legs are more likely to develop clots than veins in the arms.

LESS SAFE SITES

Hands: These are less safe due to the smaller veins, which tend to be more delicate. Circulation is also slower, so if you are injecting in your hands use the smallest needle possible and depress the plunger slowly.

Feet: The veins here are smaller and are also close to nerves, cartilage and tendons.

Groin: The Femoral vein is very close to both the Femoral artery and nerve, you will be shooting blind.

Neck: Riskiest place as it is so close to the Carotid artery (Major blood vessel to the brain.)

NB. Other sites on the body should be considered Highly DANGEROUS.